

Positive Wellbeing Growth Mindset for all

Syeda Fizza BiBi Shah, BSc, MSc¹

¹ Positive Wellbeing Association

Dr. Paul T. P. Wong is the founder of the International Network on Personnel Meaning (INPM; www.meaning.ca) and Meaning-Centred Counselling Institute (MCCI; www.meaningtherapy.com). Both organizations provide information and training on Integrative Meaning Therapy for mental professionals around the world.

Dr. Wong makes a unique contribution to psychology with his holistic approach to research and his existential perspective about life in his intervention gems, such as the PURE model of meaning (Wong, 2010) and BRAMMT model of a resilient mindset for mental health (Wong, 2020a). His latest book, *Made for Resilience and Happiness: Effective Coping with COVID-19 According to Viktor E. Frankl and Paul T. P. Wong* (Wong, 2020b) was a goldmine of helpful information to help individuals cope more effectively with the global epidemic.

My journey with Dr. Wong started during my Master of Applied Positive Psychology (MAPP) course at Buckinghamshire New University, working towards becoming a Positive Psychology Practitioner. My great interest in his work led me to seek him as my mentor in his existential brand of applied positive psychology. We met over a few meaningful zoom sessions.

The end result of Dr. Wong's mentorship is my formation of the Positive Wellbeing Association. My Mission statement for the Positive Wellbeing Association is to research how to cultivate a growth mindset through the implementation of Positive Integrated Psychology Interventions (PIPI). The ultimate purpose of the Positive Wellbeing Association is to cultivate Positive Wellbeing for all with the implementation of a PIPI skillset.

In conclusion, Dr. Paul T. P. Wong is an inspirational mentor in cultivating a new era of an existentially oriented Agile Positive Mental Health Professionals for positive global wellbeing for all. I salute such people who have an inner selfless motivation for the betterment of humanity by cultivating flourishing human behaviours for positive global wellbeing for all.

References

- Wong, P. T. P. (2010). The PURE strategy to create lean and excellent organizations. *International Journal of Existential Psychology and Psychotherapy*, 3(2), 1-21.
- Wong, P. T. P. (2020a, March 3). Why is responsibility essential for resilience and positive mental health? A level-of-commitment analysis. *Dr. Paul T. P. Wong*. www.drpaulwong.com/why-is-responsibility-essential-for-resilience-and-positive-mental-health-a-level-of-commitment-analysis/
- Wong, P. T. P. (2020b). *Made for resilience and happiness: Effective coping with COVID-19 according to Viktor E. Frankl and Paul T. P. Wong*. INPM Press.